

## **Dangers of Diabetes – Take control of your life before it is too late.**

The number of people with diabetes in the UK rose by over 145,000 last year, according to national charity Diabetes UK.

Data obtained from GP practices shows that over 2.6 million people now have diabetes in the UK, and more than 5.2 million people are registered as obese. Often the two conditions are linked.

This means that one in ten people are being treated for obesity and one in twenty for diabetes.

“These latest figures are extremely worrying,” said Douglas Smallwood, Chief Executive of Diabetes UK.

"Diabetes is a serious condition that causes heart disease, stroke, amputations, kidney failure and blindness, and more deaths than breast and prostate cancer combined.

Around 90% of people with diabetes have Type 2 diabetes, which is linked to lifestyle factors such as being overweight or obese, leading a sedentary lifestyle and eating an unhealthy diet.

According to the International Diabetes Federation (IDF), worldwide 80% of people with Type 2 diabetes are overweight or obese at the time of diagnosis.

Currently in the UK, up to half a million people have diabetes and don't know it, leaving them at risk of the more severe complications of the condition including sight loss, gangrene, erectile dysfunction, heart disease, stroke and kidney failure.

Risk factors for Type 2 diabetes include:

- Having a large waist or being overweight - 37 inches or more for men, 35 inches or more for men of South Asian origin, and 31.5 inches or more for all women
- Being of Black or South Asian origin
- Having a family history of the condition
- Being over 40 years old, or over 25 if you're Black, Asian or from an ethnic minority group

Source: <http://uk.health.lifestyle.yahoo.net/UK-diabetes-on-the-rise.htm>

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<http://ukhomeopathy.co.uk>

Homeopath and Counsellor

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The good news is that you might be able to reverse your diabetes. As some of you may know, I was diagnosed with type 2 diabetes in 2006 and put on Metformin 500mg 3 x a day as well as Gliclazide 80mg 2 x a day. I was also told since my control was poor (HBA1c was 9.7%), I may have to take insulin.

Today after 6 months doing the reversal program, my HBA1c is 6.4% [done Feb 2011], indicating I am borderline diabetic. **The best part for me is that for about a year now, I have not taken any medications.** Even my doctors are surprised at my results. After the reversal, I control my diabetes with diet and exercise only. I am also able to eat food that would spike a diabetic's blood sugar, without it spiking mine. For example, bananas are best avoided for diabetics as it has high sugar content.

One of the things I did to reverse my diabetes was avoid what I call the POWS group of foods. These are:

P: Processed Foods such as meat and meat products, dairy and dairy products etc

O: Oily Foods such as fish and chips, samosas etc

W: Whites such as white bread, white rice. Eat instead brown rice, whole meal bread and

S: Sugars including artificial sugars

There is also a wonderful DVD by Mike Anderson called [Eating](#) available on Amazon. This shows you how you can reverse certain illnesses by avoiding some types of food.

The other thing I found with this reversal program is that you lose any excess weight, reduce any high cholesterol and have a lot of energy.

I hope whoever has diabetes may find this information helpful. I am also on skype (UKHOMOEOPATH) or Email or Phone if you would like to have a free 15min chat about your diabetes.

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